














Available Daily:
 -Yogurt & Cheese
 Stick with Homemade
 Granola
 -Chicken Patty Sandwich



Loranger Memorial School



November Lunch Menu

<p>Milks Choices: 1% Milk Skim Milk Chocolate Milk</p>	<p>1 Chicken & Waffles Roasted Maine Broccoli Bananas</p>  	<p>2 EARLY RELEASE DAY Bosco Sticks with Marinara Baby Carrots Apples</p>	<p>3 BRUNCH FOR LUNCH Cheese Omelet or Turkey Sausage with French Toast Sticks Hash Brown Rounds Orange Slices</p>	<p>4 Chicken Nuggets with Cheesy Breadstick Steamed Peas Roasted Chickpeas Mixed Fruit</p>
	<p>7 Garlic Parmesan Flatbread Fresh Maine Broccoli with Dip Grapes</p>  	<p>8 Cheese Tortellini with Garlic Knot Garlic Roasted Green Beans Sliced Watermelon</p>	<p>9 Chicken Quesadilla Fiesta Lime Corn Fresh Pears</p>	<p>10 Ham & Cheese Melts on a Croissant Baked Sweet Potato Fries Pineapple</p>
<p>14 Baked Mozzarella Sticks with Marinara Red Pepper Slices Mixed Fruit</p>	<p>15 Hot Dogs Baked Beans Sliced Honeydew Melon</p>	<p>16 Popcorn Chicken Soft Pretzel Celery Sticks Orange Slices</p>	<p>17 Thanksgiving Meal Roasted Turkey w Gravy Dinner Rolls Stuffing Cranberry Sauce Garlic Roasted Green Beans Mashed Potatoes Homemade Apple Crisp</p>	<p>18 Big Daddy's Pizza Roasted Maine Broccoli Diced Pears</p>  
<p>21 Grilled Cheese Tomato Soup Cantaloupe</p>	<p>22 Macaroni & Cheese Dinner Roll Rosemary Roasted Maine Cauliflower Mixed Fruit</p>  	<p>23 </p>	<p>24 </p>	<p>25 </p>
<p>28 Cheese Bites with Marinara Steamed Green Beans Diced Peaches</p>	<p>29 TACO DAY Ground Beef Taco Brown Rice Refried Beans Apples</p>	<p>30 Chicken Drumstick with Dinner Roll Mashed Potatoes Grapes</p>	<p>  November's Harvest of the Month is Maine Brassicas </p>	

This institution is an equal opportunity provider .

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Caesar Salad	Ranch Chicken BLT Salad	Buffalo Chicken Salad	Greek Salad	Southwest Chicken Salad

Menu is subject to change.



Loranger Memorial School

November Breakfast Menu

Available Daily:
-Assorted Cereal with Cheese



Milks Choices:
1% Milk
Skim Milk

	1 Sausage, Egg, and Cheese Breakfast Sandwich 100% Fruit Juice	2 Blueberry Muffins Applesauce	3 Bagel & Cream Cheese 100% Fruit Juice	4 Apple Cinnamon Muffin Diced Peaches
7 Pancake Wrapped Turkey Sausage 100% Fruit Juice	8 Banana Bread Diced Pears	9 Breakfast Pizza 100% Fruit Juice	10 Banana Chocolate Chip Breakfast Bars Diced Peaches	11 
14 Blueberry Muffin Flat 100% Fruit Juice	15 French Toast Sticks Applesauce	16 Egg & Cheese Breakfast Sandwich on a Waffle Flatbread 100% Fruit Juice	17 UBR Breakfast Bar Apple Slices	18 Mini Cinnis Diced Peaches
21 Corn Muffins 100% Fruit Juice	22 Banana Muffin Flats Applesauce	23 	24 	25 
28 Pumpkin Bread 100% Fruit Juice	29 Sausage, Egg, and Cheese Breakfast Sandwich 100% Fruit Juice	30 Blueberry Muffins Pineapple Cups	 <p>Follow us on Facebook at RSU 23 Food & Nutrition Services</p>	

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